

Women's Realm

Meals for a Day.
He gains the prize who will the most endure;
Who faces issues; he who never shrinks;
Who waits and watches, and who always works.

BREAKFAST
Stewed Figs.
Cereal with Cream.
Tripe Fried in Batter.
Lyonsale Potatoes.
Muffins. Coffee.

DINNER.
Okra Soup.
Ment Pie with Biscuit Crust.
Mashed Potatoes.
String Beans.
Radish Salad.
Apple Meringue.
Coffee.

SUPPER.
Baked Macaroni with Tomatoes and Cheese.
Tea Rolls.
Canned Plums.
Loaf Cake.
Tea.

Useful Gifts.
Often one is in a quandary when a gift is to be bestowed upon a friend who possesses almost all kinds of fancy work for bric-a-brac. Just now the individual ramekin dishes are a new fad with women, and a set of them would make a very neat and acceptable gift. Many of the ramekins are of brown pottery, while others are more expensive and beautiful. They are very useful when one is making any left-over dishes. Any cold meat or vegetables can be made over with the addition of eggs, cracker crumbs and any palatable seasoning which make an appetizing entree for an extra dish.

Cleaning Black Silk.
Black silk can be cleaned by brushing it with a cloth dampened in pure elder vinegar or ammonia. Soiled places can be removed by rubbing naphtha soap on the spots and washing with clear water. Iron silk on the wrong side. Mend torn places with tailors' gum tissue.

Candles for the Table.
The mellow lights from the pure wax candles have been favored for years as a decoration for the more elaborate dinners. In the stately candleabrum, with their soft rose shades, the lights furnish an attractiveness which never grows old. If salt is sprinkled around the wick there will be no perceptible odor from the candles. They will last longer, and burn better, if they are covered with a strong layer of resinous soap suds which is allowed to dry before the candles are lighted.

With Postal Cards.
For an Easter dinner one lady has purchased a number of artistic postal cards for place cards. The Easter cards are very clever for this purpose. The leather ones are not so ornamental as the others, but the bright tints can be tastefully arranged as a border for the top and bottom of a screen. For a fad both girls and boys are using the cards to decorate their rooms. The gay scenic cards

ENDURES ECZEMA FOR FIVE YEARS

Treated Continually by Best Doctors—Sores Behind Ears Spread to Cheeks—Could Hardly Bear Itching—Medicines Fail—Instant Relief by "Magic Three" and

WORDS CAN NOT EXPRESS GRATITUDE TO CUTICURA

"Words are inadequate to express my gratitude for Cuticura Remedies. I had been troubled with eczema for five years on my ear and it had begun to extend on my cheek. I had been doctoring with the best physicians, but found no relief whatever. When informing them that I could not bear the itching I was told by one of our best doctors, 'not to scratch.' As the medicines and salves did me no good I thought I would get the 'Magic Three,' Cuticura Soap, Cuticura Ointment, and Cuticura Pills, costing me one-half of an hour's visit to my physician. After using as directed, with plenty of hot water, I can truthfully state that I found instant relief. When I had used three boxes of Cuticura Ointment and two cakes of Cuticura Soap I found my skin as soft and fine as a baby's. My circle of friends is very large, and I am persuading them to use Cuticura Soap and give up the kinds they were using. I find no trouble as my case has proven to them that if Cuticura Ointment is good, Cuticura Soap must be likewise.

"I hesitate to send you the enclosed picture as it has been lying around in my desk for two years and is very soiled. At the time it was taken my ears were scaly and you will find some remnants of Cuticura Ointment on it, and to me, it is very precious, as I can now say when looking at it that Cuticura is a blessing, and that is why I have kept it even though it was soiled. Miss Netta Ayers, 131 Franklin Ave., Brooklyn, N. Y., Sept. 1 and 15, 1906."

Complete External and Internal Treatment for Every Humor of Infants, Children, and Adults consists of Cuticura Soap (25c.) to cleanse the skin, Cuticura Ointment (50c.) to soothe the skin, and Cuticura Pills (50c.) in the form of Chocolate Coated Pills (25c. per box of 60) to purify the blood. Sold throughout the world. Patent Drug & Chem. Corp., Sole Proprietors, Boston, Mass. Mailed Free. Book about Skin Troubles.



make a neat frieze if properly placed. They run riot in dens, filling every available nook.

Recipe for Smelling Salts.
A neat little smelling salt bottle was given to a lady leaving on a tour of the South. To a bunch of violets was attached a long, slender bottle filled with violet salts. The bottle was small to conveniently slip into a hand-bag. In the bottom of the bottle was placed a piece of sponge, then it was filled with ammonia and oil of violets.

The Use of Washing Soda.
Learn to use washing soda in abundance in the kitchen. It keeps drains clean, removes odors from cupboards and refrigerators, quickly cleans the tubs and wringer on wash day, and the soda is good for scrubbing rough boards or soaking garbage cans. Such precaution must be taken to prevent pests in the kitchen. Flies and ants soon desert clean abodes for more unwholesome quarters.

Coffee Cake.
One pint warm milk, one cup sugar, one cup yeast. When this sponge is light make into a soft dough and set to rise. Add one-quarter of a pound of butter, using but little flour to handle the dough. Let it rise the second time. With the rolling pin and a light hand, roll out the dough to fit the greased pan. Cover with melted butter, sprinkle on cinnamon and sugar. To be eaten warm with coffee.

How He Did It.
As the man in the department store was tying the bundle to send by mail he passed the heavy cord over the goods, rolled the paper, folded back the paper ends, crossed the cords lengthwise of the roll, then crosswise, and tied. How could that package come apart?

For Little Folks.
It is difficult to tell why some of the China plates for babies are embellished with nightgown tables. True, the figures are pretty—well, it may be because those little tots have such "drefful" manners and often go to sleep in their high chairs, regardless of fine company or the most delicious viands. Then we see Bo Peep pictures, while Red Riding Hood and Cinderella look cunning on China dishes. These little plates remind one of the tin a. b. c. ones used years ago, when rosy cheeked boys and chubby little girls played drop the handkerchief on a ten-cent platter of blue.

Blunt Courtesy.
She held the dainty invitation in her hand and yawned. She had no intention of accepting the invitation because—then she threw the card across the room. "I won't go, I simply will not. Every place I have dined this winter the hostess has served apple and celery salad, and gelatine pudding. I will die if ever I have to look at one or the other again!" Of all the delicious desserts and salads it does seem that these two dishes are about old enough to take a rest, or at least give the menu and suffering humanity time to recuperate.

Soda for Ferns.
One woman prides herself on growing beautiful Boston ferns. She gives the flowers a pinch of soda about once a month. It seems reasonable that soda would sweeten the sour or mouldy dirt in the crock, a common trouble with house-plants.

House Decorating.
Here is a field of labor not overrun by women, and a dainty trade mostly done by window decorators at odd times when they can conveniently do the work. It is the wealthier class of women who engage these persons to do this work for them. Their social duties demand their time and attention without this additional work to perplex them, and only too gladly will any of them welcome a woman who can superintend the work and creditably do the proper thing in selecting or suggesting certain rugs, curtains, wall papers and furniture for the house.

A woman in this profession must be an artist in every sense of the word. She must be artistic, knowing the advantage of color schemes, and must appreciate rare bric-a-brac so as to place it where it shows to the best possible advantage. If this decorator is trustworthy and sincere in her work, she can secure employment in overlooking homes during the absence of the families who are sojourning at summer resorts. It leads to splendid trades and the remuneration is excellent.

About Spring Goods.
The novelty madras for waists is shown in countless styles, and beautiful indeed are the pieces of white goods with their satin striped finish. In many will be seen the white polka dot; others bear some beautiful floral design, and the stripes and conventional patterns are all lovely for the dressy waist.

The festooned lace comes embroidered in net and must be cut the same as embroidery. It is made this way to protect the delicate edges when the material is handled at the counters. This trimming will be much used this summer as a skirt and waist decoration, and the small festoons will be splendid for sleeve caps, berthas and bolero packets. The material is shown in thin lace, heavy applique in insertion design has ribbon geraniums and ribbon leaves worked on fine cream net. The material is exquisite, and will combine beautifully with the cream net costumes.

A large quantity of the net shows festoons of glittering tinsel; this was quite the rage during the winter, yet

GOING OUT OF BUSINESS

\$5,000 Worth of Men's, Boys' and Children's Clothing, Shoes, Hats, Caps and Gent's Furnishings, Must be Sold by May 1.

Store for Rent, Fixtures for Sale. Now is your chance to buy your summer and Easter clothes for half price. Come early and secure the Great Bargains we are now offering. Positively stock must be sold by May 1st. Don't miss this great opportunity that now stares you in the face. Come and see and be convinced. This is no fake, this is the Gospel truth.

Saturday Was a Record Breaker of this Sale, and will Continue Until Entire Stock is Disposed of.

| | | | | | |
|---------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------|--------|
| 48 pairs Men's Dress pants, worth \$2.50; Selling Out | \$1.25 | One lot Men's \$7.50 and \$8.00 Suits; Selling Out | \$4.39 | One lot Boys' 25c Waists; Selling Out Sale | 11c |
| 33 pairs Cord. Pants, worth \$2.00; selling out | \$1.15 | Boys' Suits, \$2.50 and \$3.00 kind, all Wool; Selling Out | \$1.63 | Men's Dress Shirts, 50c and 75c kind; Selling Out Sale | 23c |
| 450 Blue Serge Pants, worth \$5.00; Selling Out | \$2.45 | Boys' Knee Pants, worth 75c and \$1.00; Selling Out | 35c | Men's Fine Dress Shirts, worth \$1.00; Selling Out | 44c |
| 50 pairs Blue Flannel Pants, worth \$5.00; Selling Out | \$2.95 | 400 Dress Suit Cases and Valises, worth \$1.50; Selling Out | 90c | Men's Straw Hats, the \$1.00 and \$1.50 kind; Selling Out | 50c |
| 100 pairs of Dress Pants; the very best; prices range from \$1.00 to \$7.00; your choice | \$2.95 | Men's Shoes, the \$2.00 kind; Selling Out Sale | \$1.39 | One lot Men's and Boys' Straw Hats; Selling Out | 17c |
| 75 pairs Men's Working Pants; Selling Out | 65c | Men's Patent Colt Skin Shoes, worth \$2.00 and \$2.50; Selling Out Sale | \$1.76 | One lot Ladies' \$2.00 Lace Shoes; Selling Out | \$1.14 |
| Lion Brand Shirts, \$1.00 and \$1.25 quality; price | 79c | Men's Fleece-Lined Underwear, 50c and 75c kind; Selling Out | 33c | One lot Ladies' Lace Shoes, worth \$1.50 and \$2.00; Selling Out | \$1.79 |
| 10 dozen Men's Elastic-Seam Drawers, 50c quality, all sizes, 39c pair or three pairs for | \$1.15 | Men's Guaranteed Patent Colt Shoes, worth \$3.00 and \$3.50; Selling Out | \$1.96 | Men's Fine Vici Kid Shoes, worth \$3.00 and \$3.50; selling Out | \$1.79 |
| 12 dozen Men's Balbriggan Underwear, 50c quality; Selling Out | 38c | One lot Men's Hats, worth \$2.00 and \$2.50; Selling Out | 89c | One lot Men's Patent Leather Oxfords, worth from \$2.50 to \$3.50; Selling Out | \$1.89 |
| 18 Boys' Overcoats, sizes from 12 to 18 years, worth \$7.50 and \$10.00; buy now for next season; Selling Out Price | \$2.95 | All 50c Neckwear at Selling Out Sale | 15c | Men's Cuffs, worth 25c; Selling Out | 2c |
| Wright's Health Underwear, worth \$1.50; Selling Out | 85c | Men's Half Hose, 15c quality; Selling Out Sale | 7c | Men's 50 Belts; Selling Out | 22c |
| All Red Flannel Shirts and Drawers, worth \$1.50 to \$2.00; per garment | 85c | Men's Suits, worth \$12.50; Selling Out | \$6.98 | Two pair to each customer. | |
| Men's Balbriggan Underwear for Summer, worth 25c and 35c; Selling Out Price | 19c | Men's Suits, worth \$15.00; Selling Out | \$7.39 | Men's 50 Belts; Selling Out | 22c |
| | | Men's All-Wool Serge Suits, worth \$9.50 to \$12.00; Selling Out | \$5.98 | All Rubber Boots at Half Price. | |
| | | | | One lot Men's Odd Vests, worth \$1.50 to \$2.00; Selling Out | 50c |

Sale Opened Saturday Morning, and is Now in Progress

Everything Will be Marked in Plain Figures at Lowest Prices.

We will Give 5 per cent. Off to Wholesale Buyers During Sale.

SIMON NACHMAN'S STAND,

3016 Washington Avenue, Between 30th and 31st Streets,

Newport News, Va.

Stock Must be Sold to Vacate Store.

promises to be used mostly in waists and jackets this spring.

Embroidered batiste is one of the leading materials for thin dresses. The fabric is beautiful in embroidered dress patterns in blue, pink, violet, cream and white. With each pattern can be purchased stockings, gloves, parasol and ribbons to match. The gloves are very neat and pretty with silk or satin flowers upon them as a neat decoration; however, the designs are of a like color, and usually border an open-work design down the front of the glove. One of the batiste robes has a triple skirt of embroidery; the waist is finished with a bolero jacket, while a neat embroidered girle completes the costume.

The new spring zephyrs for young folks are splendid. Many have the mererized or silk finish. The material in most cases comes in the cheek designs, though the colors are so neatly blended that the cheeks are not too conspicuous for beauty. Many of the made dresses in zephyrs have yokes, cuffs and belts of white Swiss embroidery. The goods show a strip of Persian insertion along one edge, which can be cut from the goods to be used as a decoration; and one will readily observe that the dress skirts for old and young are being griddled with flat bands. It has been some time since bands were used as a decoration, and the revival of the style is very certain to be gladly welcomed.

For the Little Maid.

The toddler is having her dresses made with small yokes and ruffles around the yokes and over the sleeves. However, the sleeves are merely little puffs, or wide flowing ones of thin embroidery. The skirt portion has a deep hemstitched hem of three inches headed with three small tucks. Children's lingerie dresses are severely plain, yet the material is very fine and expensive.

The Embroidered Bonnet.

One of the embroidered bonnets has a moderately wide frill at the top which narrows at the back of the full crown. There is no ruffle at the lower part of this bonnet. It fastens with silk ties.

Nursery Slippers.

These are of felt, edged with narrow bands of fur. They save time when dressing a child in the morning, and are very comfortable for them to wear while playing.

About Children's Hats.

Children's hats will be floppy this year, for the stiff-brimmed hat is no longer recognized as graceful for the little ones. They are rather large, becoming trimmed with huge butterfly bows in colors, although what floral decoration is shown in the advance styles is in small flowers. However, they doubtless will "grow" as the season advances, and by summer time will be regular flower gardens as they usually are found. Less color

is displayed in children's hats, i. e., in combining many colors on one hat. The milliners adore the large bows and work harmoniously along that line of color. If the bow is blue, so will you find the flowers; if pink, the rosebuds come in proper as a decoration; and poppies look exceptionally well with the scarlet ribbons.

A Little Frock.

A little dress for a child can be made beautiful with embroidery about twenty inches wide. Use the embroidery for the fronts, leaving the points to outline a wide square vest, which reaches to the bottom of the waist portion. Make the desired fullness by forming tiny plaits on the shoulder lines. Ruffle a piece of the embroidery for the skirt; the notched edges look becoming at the bottom. The sleeves should be cut in a manner to bring the notched edges at the wrist where they are gathered and fastened with thin bending. In tying the sash form a small bow, which fastens at the left front; draw the ribbon around the skirt and make a bow for the right side. This dress is neat and so simple it is very easily laundered.

About the Aprons.

The thin white apron is something which has lined up with other fashions, yet there was a time when it was given place among the plebian articles of one's wardrobe. When the maid is away, the mistress must don her picturesque apron, and we see them very much befuddled with laces and embroideries. Some one asked if aprons were ruffled merely as a decoration? No, the ruffles which stand out on the apron invariably catch anything which might fall on the lower portion of the dress skirt. It makes a neat decoration, but is a sensible one. One of the new styles is triangular in shape, with a triangle bib to match and splendid little shoulder caps of lace or embroidery. The strings are long and broad.

New Belts.

One of the new belts is fashioned of soft black leather and velvet. The leather is slit and shows the velvet underneath. It fastens at the front with a neat silver buckle formed with interlaced hearts.

Linens.

Gray linen is considered very smart this season and all of the color, pleasing in shirtwaist styles. However, this linen is not cheap by any means, is double width and some fabrics sell for \$1 per yard. Cheaper weaves can be purchased for 75 cents.

Proff Positive.

Papa—Look out for that Lord De Penders, daughter. He's an imposter. He isn't even an Englishman.
Daughter—Oh, what makes you think so?
Papa—I offered to take him for a

A BUNCH OF REAL BARGAINS

Six frame, two-story houses of four rooms each, now renting for \$576.00 a year. Ground rent \$240.00 a year. Lease runs 10 or 12 years longer. Price \$1,200.00. Now paying over 25 per cent. Prompt action required on your part.

Here is one that will pay for itself in a little over four years. It is a nine-room house, renting for \$338.00 a year, and is dirt cheap at \$1,400.00 with terms to suit.

All Jefferson avenue property is good, and especially a new brick building at \$4,000.00 that rents for \$37.00 a month, or a splendid frame place for \$3,300.00 that is renting for \$32.50 a month. Both are good, solid and permanent investments. Any terms that suit you. Real Estate that pays and holds its own is what the careful investor wants, and a \$10,000.00 brick proposition on a corner and inside lot on Jefferson avenue, renting the whole year round for a hundred dollars a month, is not bad. It's what we would call a pretty good income.

Space will not allow me to tell you of other bargains on my list, but I have them at all prices and terms.

I have made money for every person who has bought real estate through me, and any man who has \$50.00 or more to invest in Real Estate, I will make money for him.

Call or write

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Little spin in my auto this morning; told him we'd see Niagara Falls, Yellowstone Park and the Yosemite Valley, and be back in time for dinner. And he just laughed at me.—Cleveland Leader.

Modern Ailment.
First Millionaire—You were laid up in your house all last week, weren't you?
Second Millionaire—Yes.
First Millionaire—Sickness or investigation committee—Life.

Health in the Canal Zone.
The high wages paid make it a mighty temptation to our young artisans to join the force of skilled workmen needed to construct the Panama Canal. Many are restrained however by the fear of fevers and malaria. It is the knowing ones—those who have used Electric Bitters, who go there without this fear, well knowing they are safe from malarious influence with Electric Bitters on hand. Cures blood poison too, biliousness, weakness and all stomach, liver and kidney troubles. Guaranteed by Ideal Pharmacy, 50c.

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